



WASHINGTON WIC

TILMAAMAHADUKAAMAYSIGA

AKHRINTA RISIIDKA

Risiidka WIC wuxuu noqon karaa mid kuwareeriya. Risiidka dukaan kasta wuu kayara duwanaan karaa kuwa dukaamada kale, laakiin maclummaadka ayaa markasta iskumid ah. Halkaan ayaad kahelaysaa waxyaabaha aad risiidka kafiirinayso:

8 oz	Whole grains
1.75 CTR	Beans, dry or canned
39.5 OZ	Cereal - hot / cold
0 CTR	Peanut butter / beans
30 OZ	Fish - canned

** End of Beginning Benefit Balance **

* eWIC Benefit Redemption/Purchase *

0.25 CTR	Beans, dry or canned	
1 S&W RED KIDNEY BN'S		1.39
14 OZ	Cereal - hot / cold	
1 NBC CREAM OF RICE		3.49
17 OZ	Fish - canned	
1 CHKN OF SEA TUNA		2.99
1 OPN NAT CHUNK		1.99

End of Benefit Redemption/Purchase

+++ Remaining eWIC Benefits +++

8 oz	Whole grains
1.5 CTR	Beans, dry or canned
25.5 OZ	Cereal - hot / cold
0 CTR	Peanut butter / beans
13 OZ	Fish - canned

Benefits Expire MIDNIGHT on 2/31/2019



Qaybaan waxaad kahelaysaa cuntooyinka kaarka kuugu jira kahor intaadan bilaabin dukaamaysiga. Cuntooyinka qaar waxay kuqoranyihiin miisaanka ounces, qaar waxaa looyaqaanaa qasacado, miraha iyo khudaartuna waxay kucabiranyihiin qimahooda doolarka. Tusaale:

256.00 OZ waa 256 ounces
16.00 \$\$\$ qiimaheedu waa \$16.00
3.00 CTR waa 3 qasacadoo

Qaybaan waxaad kahelaysaa liiska cuntooyinka aad gadatay.

Qaybaan waxaa kuqoran liiska baaqiga kuuharay. Kuwaani waa cuntooyinka WIC ee kuuharay si aad ugadato bishaan.

Tani waxay muujinaysaa maalinta ugu danbaysa ee aad iibsan karto cadadka soohara ee cuntooyinkaaga WIC bishaan. Gunooinkaaga **xiga** ee WIC waxay diyaar unoqonayaan inaad adeegsato marka lagaaro 12:01 a.m. maalinta xigta.

IIBSIGA CUNTADA ILMAHA



MIRAHAYO KHUDAARTA

256 ounces (oz) = 64 4-oz garaafe

128 ounces (oz) = 32 4-oz garaafe

AMA

256 ounces (oz) = 32 2-oz baakad

128 ounces (oz) = 16 2-oz garaafe



HILIBKA

77.5 ounces (oz) = 31 2.5-oz garaafe



DUKAAMAYSIGA DIGIRTA IYO AMA BURCADKA LAWSKA

DOORO XAJMIGA SAXDA AH!

1 CTR oo burcadka lawska ah/digir qalalan ama qasacadaysan =



AMA



AMA



16 oz



15-16 oz oo qasacado ah



Black Beans

IIBSASHADA DIGIRTA QASACADAYSAN

Haddii aad doorato inaad iibsato digir qasacadaysan markaas waa inaad iibsataa dhamaan 4 qasac ee digirta ah si aad uhesho gunadaada oo buuxda.

Hal qasac oo digir ah = .25 CTR

Labo qasac oo digir ah = .50 CTR

Saddex qasac oo digir ah = .75 CTR

Afar qasac oo digir ah = 1.0 CTR

SOO IIBSIGA DHAMAAN MIRAHARUUURKA

Kuraaxayso noocyada kaladuwan ee haruurka! WIC waxay kusiinaysaa boorash, roodhiga haruurka, bariiska baroonka, bulgaar, baastada haruurka, iyo galeey jilicsan ama toortaha haruurka guud.

¥ Cadadka guud ee miraha galayda aad iibsan karto waxay kuqorantahay Liiskaaga Dukaamaysiga.

¥ Haddii aad haysato gunooyin kugu filan oo aad kugadato miraha haruurka, waxaad iibsan kartaa wax kabadan hal nooc oo miraha haruurka ah halkii marba. Tusaale, haddii Liiskaaga Dukaamaysiga ay kuqorantahay inaad haysato **64 miraha haruurka ah**, waxaad iibsan kartaa 4 lbs. waxaad tan ukala qaybin kartaa qaabab badan. Halkaan waxaad kahelaysaa hal tusaale:

Hal jawaan oo **16 oz** ah oo bariiska baroonka ah (1 lb)

+ Hal baakad oo **8 oz** oo sabuulka toorta ah (.5 lbs)

+ Hal bokis oo **16 oz** ah oo baastada haruurka guud kasamaysan ah (1 lb)

+ Hal duub oo **24 oz** oo baastada haruurka guud kasamaysan ah (1.5 lb)

= **64 oz (4 lbs)**



DUKAAMAYSIGA CAANAHA

DOORO NOOCA SAXDA AH!

¥ Fiiri liiskaaga dukaamaysiga si aad u aragto cadadka caanaha aad iibsan karto iyo nooca ay yihiin: kuwa aan dufanka lahayn 1%, 2%, ama caano guud.

¥ Caanaha bilaa dufanka ah waxaa kujira caanaha aan dufanka lahayn, oo jilicsan iyo 0%.

¥ Xasuusnoow, dukaanku kuuma saamaxaayo inaad iibsatnoo caano ah kuwaasoo aan kujirin Liiskaaga Dukaamaysiga. Haddii aad su'aalo kaqabto gunooyinkaaga caanaha, lahadal xaruntaada caafimaadka ee WIC.

DOORO XAJMIGA SAXDA AH!

Xaqijii inaad haysato gunooyin kugu filan si aad u iibsatnoo xajmiga qasacada aad rabto.

CAANO



1.0 GAL
= 1 gallon



0.5 GAL
= 1 gallon



0.25 GAL
= 1 quart

CAANAHA KARKARSAN



1 QASAC = 12 oz qasac
(5 qasac = 1 gallon)

CAANO QALALAN



1 CTR = 25.6 oz jawaan ama
bokis ah
(25.6 oz ctr = 2 gallon)

DUKAAMAYSIGA SEERIYAALKA

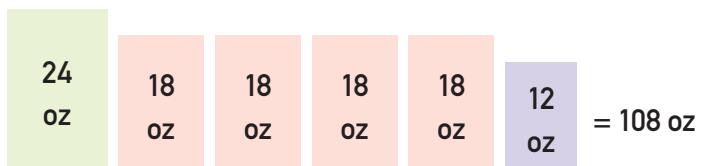
Kaliya dooro xajmiyada dhan 12 oz ilaa 36 oz. Tusaale ahaan, haddii Liiskaga dukaamaysigu sheegaayo inaad heli karto **108 oz oo seeriyaal ah**, halkaanayaad kahelaysaa qaar kamid ah tusaalayaasha qaababka aad iskudhafi karto baakadaha seeriyaalka xajmigooda si ay iskugu noqdaan wadarta guud 108 oz:



AMA



AMA



WICSHOPPER APP

Kudukaamaysiga WIC wuxuu aad usii fududyahay markaad adeegsato WICShopper App.

¥ Kasoo degso app store kaaga.

¥ Adeegso xisaabiyaha seeriyaalka si aad u ogaato inta bokis oo seeriyaal ah ee aad ku iibsan karto gunooyinkaaga WIC.

¥ Hayso sawirka risiidkaaga appka kuugu jira si aad uqaadato markaad ubaxaysi dukaamaysigaaga xigga.



DOH 961-1160 June 2021 Somali – Si aad dukumiintigaan ugu heshid qaab kale, wac 1-800-841-1410. Haddii aad tahay macaamiil dhagool ah ama aad maqlaagu culus yahay, fadlan wac 711 (Washington Relay) ama iimayil udir WIC@doh.wa.gov.